

[WEEKLY MENU]



Week 1

Week Commencing: Mon 2nd Sept - Mon 23rd Sept - Mon 14th Oct - Mon 18th Nov - Mon 9th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	BBQ Chicken	Bunless Homemade Beef Burger	Roast Turkey & Gravy	Homemade Beef Meatballs with GF Pasta	GF Fish & Chips (F)
Vegetarian Dish of the Day	Caribbean Vegetable Curry	Bunless Chickpea & Spinach Burger	Jacket Potato with DF Cheese & Baked Beans	Tomato & Basil GF Penne Pasta	Jacket Potato with DF Cheese & Baked Beans
Vegetable Choice	Jollof Rice with Seasonal Vegetables	Baked Beans & Seasoned Potato Wedges	Rustic Roast Potatoes & Vegetables	Mixed Salad	Beans or Peas
Dessert of the Day	Allergy Free Chef's Cake	Fruit Pot	Allergy Free Chef's Cake	Fruit Jelly	GF Shortbread Biscuits
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Daily Salad Bar, Homemade Bread (E*, G, MK, SO), Selection of Fresh Fruit, Jelly and Yoghurt				



Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds * = May Contain

Elmstead Wood Primary School - Allergy Free

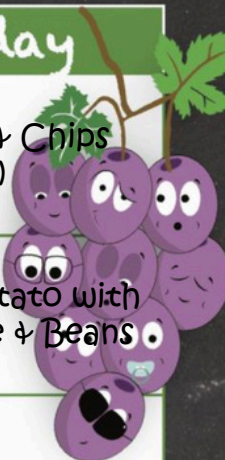
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Week 2

Week Commencing: Mon 9th Sept - Mon 30th Sept - Mon 4th Nov - Mon 25th Nov - Mon 16th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Savoury Beef Mince	GF/DF Pepperoni Pizza	Roast Chicken & Roast Gravy	Chicken Curry & Rice	GF Fish & Chips (F)
Vegetarian Dish of the Day	Winter Vegetable Stew	GF/DF Margherita Pizza	Cauliflower Steak	Vegetable Curry & Rice	Jacket Potato with DF Cheese & Beans
Vegetable Choice	Rice, Carrots & Cabbage	Seasoned Potato Wedges & Sweetcorn	Rustic Roast Potatoes & Seasonal Vegetables	Seasonal Vegetables	Beans or Peas
Dessert of the Day	Allergy Free Chef's Cake	Fruit Pot	Allergy Free Chef's Cake	Fruit Jelly	GF Shortbread Biscuit
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Daily Salad Bar, Homemade Bread (E*, G, MK, SO), Selection of Fresh Fruit, Jelly and Yoghurt				



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[WEEKLY MENU]



Week 3

Week Commencing: Mon 16th Sept - Mon 7th Oct - Mon 11th Nov - Mon 2nd Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	GF Sausages with DF Crushed Potatoes (SU)	BBQ Jerk Chicken	Roast Chicken & Gravy	Penne Beef Bolognese GF Pasta	GF Fish & Chips (F)
Vegetarian Dish of the Day	Jacket Potato with DF Cheese & Baked Beans	Roasted Vegetable Cottage Pie	Jacket Potato with DF Cheese & Baked Beans	Vegetable Bolognese with GF Pasta	GF/DF Margharita Pizza
Vegetable Choice	Peas & Broccoli	Steamed Rice & Seasonal Vegetables	Rustic Roast Potatoes & Seasonal Vegetables	Garden Salad	Chips & Beans
Dessert of the Day	Allergy Free Chef's Cake	Fruit Pot	Allergy Free Chef's Cake	Fruit Salad	GF Shortbread Biscuit
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Daily Salad Bar, Homemade Bread (E*, G, MK, SO), Selection of Fresh Fruit, Jelly and Yoghurt				



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